



Trinity Episcopal Cathedral Announcements



Welcome! Please accept a welcome gift from the ushers as they are offered during the time of Announcements. It has information, some gifts, and a card for you to fill out if you like. We hope you will fill out the card and put it in the offering plate because it will help us know about your needs. We promise that this will not generate junk mail.

THE WEEK AHEAD

**MONDAY 18 OFFICE CLOSED
MLK HOLIDAY**

TUESDAY 19

12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
6:30pm Vestry Meeting

WEDNESDAY 20

9:00am Holy Eucharist
10:00am Mom's, Tot's and Pop's
12Noon NA Meeting
3:00pm Dementia Support Group
7:00pm Cathedral Choir Rehearsal

THURSDAY 21

12Noon NA Meeting
12Noon Centering Prayer
12Noon Lunch Bunch
4:30pm Writing Group
6:00pm Compline
6:15pm TNAC Dinner
7:00pm TNAC Classes
7:15pm Celebration Choir Rehearsal

FRIDAY 22

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 23

8:30am Diocesan Choir Festival
4:00pm Choir Festival Evensong

SUNDAY 24

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Newcomers Group
10:15am Introduction to Islam
10:15am 30/40's and Beyond
11:15am Holy Eucharist
12:45pm Holy Eucharist
3:00pm Growing in Faith

**The Office will be Closed
Monday, January 18**

Pastoral Emergencies:
Call the office: 446-2513
Evenings, weekends & holidays: 214-0382

Prayer Box in the Narthex: Daughters of the King will hold your request in prayer daily for at least one month.

Parking on Sundays for those with disabilities is provided behind the Great Hall.

Lessons for January 24, 2016
The Third Sunday after the Epiphany

Nehemiah 8:1-3, 5-6, 8-10
1 Corinthians 12:12-31a
Luke 4:14-21
Psalm 19

TODAY @ TRINITY – JANUARY 17, 2016

Activities at 10:15am

Newcomers' Group – Cathedral

Today we will Tour the Cathedral. ALL ARE WELCOME!

If you have questions contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513.

Discover Your Spiritual Gifts to the World for Epiphany

Meets in the Conference Room

As the wise men brought their gifts to the Baby Jesus, so we bring our spiritual gifts to our daily lives! This four week class will include assessment tools for determining your gifts and how to use/share them in everyday life. We will be guided by the book *Discover Your Spiritual Gifts the Network Way* published by Zondervan.

Contact is Amy Dierlam - dnarock@pacbell.net

An Introduction to Islam – Room A

Join us as we explore the fundamentals of Islam: the life of Mohammed, the Koran, the Pillars, its social teaching, and Sufism. We'll be approaching the religion with an attitude of appreciation and curiosity. Questions encouraged! Andre Jensen will facilitate the group. He has been teaching Philosophy at Sacramento City College for over 20 years and has been teaching a survey course in World Religions since 2008.

This Week

MLK March for the Dream

Monday, January 18

Trinity will be participating in this event that begins at Sacramento City College and culminates at the Sacramento Convention Center. Please visit the following website for further information on directions, parking, etc. <http://www.mlk365.org/#march>.

Trinity parishioner Mike Wiley will be the Grand Marshal! So come out and join us! **Trinity participants will gather near the stage set up not far from the parking structure between 8:30 and 9:00 am.** Look for our banner. Hope to see you there. Contact Susan Hotchkiss - susan_hotchkiss1@hotmail.com if you have any questions.

Contemplative Eucharist at St. Paul's

Saturday, January 23, 4:30pm at St. Paul's, 1430 J Street

"On that day, you will know that I am in the Father, and you in me, and I in you." John 14:20

While every Eucharist is open to the presence of God, a contemplative Eucharist focuses awareness of God's presence by using a simple, familiar liturgy with some extra space for silence between prayers and readings. After receiving Communion, God's presence will be fostered and welcomed by an optional period of Centering Prayer. A very minimal sermon will explore the Wisdom dimension of the Sunday Lectionary readings. Please join us for a new experience of Holy Communion.

We STILL Need Ushers!

One usher for the 9:00am service on the fifth Sunday.
Two ushers for the 11:15 service on the fifth Sunday.

If you can help us please contact
Kevin Donohue at 396-9731 or kfdsac@att.net or
Randie Strike at 203-7586 or randie.trinity@gmail.com

Coming Up
Sacred Conversations Around Race:
Listen for a Change

Beginning Thursday, February 4
6:30pm in the Cathedral

Trinity Cathedral will host a six week series of sacred and respectful conversations around race beginning February 4th. These conversation will help us better understand racial tensions in our country so that we can respond in an informed and Christ-filled way.

Questions? Rev. Dr. Pamela Anderson (pamela@trinitycathedral.org) or Rev. Steve Skiffington (deaconskiff@gmail.com).

Floyd School Benefit Dinner and Auction
Friday, February 5 at 6:00pm in the Great Hall

Tickets for the Benefit Dinner and Auction for Field trips for the children at Floyd School are on sale for \$25 at the Floyd School table in the Great Hall. The men's group will be preparing a sumptuous lasagna dinner and Ed Hollingshead's band, Quiet, will play. We just received word that we have four park hopper tickets from Disneyland for the live auction!

If you can volunteer we need servers and auction helpers. Please contact Canon Nancy Tennyson at nntennyson@gmail.com or 916-481-3546.

Show a Little Love!
Family Promise Returns to Trinity
February 14-20

We need volunteers to provide a dinner each day; evening hosts who serve, clean up, and make sure the families' needs are provided for; and overnight hosts who ensure their security and comfort. We also need those who can help set up the cots at the beginning and load them back into the trailer at the end, and/or launder the bedding.

If you prefer, you can drop off an entree at the kitchen and we will prepare it for you. (Please make sure you leave instructions!)

We would also like to do something a little special for the families on Valentine's Day, February 14. If you would like to bring a Valentine-themed dessert, flowers, or crafts for the children, it would be much appreciated!

Please sign up on the Family Promise poster in the office hallway, or email Eleanor Taniguchi at ehtaniguchi@gmail.com, or phone 916-708-4295.

Susan Brown Memorial Service

Trinity was saddened to learn of the death of Susan Brown, wife of Ernie Brown. Her memorial service will be held here on **Sunday, January 31st at 3pm.**

CATHEDRAL BOOKSHOP

All Christmas items 30% off!

Store hours are:
Tu-Th: 11:00am - 5:00pm; Sun: 8:30am - 1:00pm

Contact us at 916-442-9194 or
bookshop3@gmail.com

INTERESTED IN ASHES-TO-GO?

Ashes-to-Go is a community outreach project designed to bring the imposition of ashes and prayer to people in various locations downtown such as RT stops, parks, and office buildings on Ash Wednesday (Feb. 10th). This has been an exciting and engaging experience for those who have participated in the past. If you are interested in participating, there will be required training. You must email, call, or talk to Rev. Megan TODAY to serve on a team.

THURSDAY NIGHT AT THE CATHEDRAL

Compline: 6:00pm

Dinner: 6:15pm

Classes: 7:00pm

Classes

Solfire Yoga: is grateful to be hosting a special vinyasa flow yoga series here at Trinity Cathedral for all who are interested in exploring yoga as a way to connect to mind, body, and spirit. We encourage you to come with an empty stomach, a full heart, and a yoga mat! Classes will be held from 7-8pm on Thursday evenings in the Assembly Area.

Poetry Writing Workshop: Put aside any writing anxieties and come to this no-threat, collaborative workshop that will help you develop and refine your own poetic voice and style. Participants will achieve this primarily through writing exercises and giving constructive feedback to each other's draft poems. Contemporary poetry has a very wide umbrella and we leave it up to you to write the kinds of poems you want. Please join us Thursday evenings in the Conference Room for the month of January! Facilitator: Dennis Hock.

Practical Spirituality: Suspicion of organized religion has caused many people to abandon a belief in a loving, intelligent and caring God, trading it for the world's view of limitation and scarcity. At the same time churches are in a position to present this God as completely accessible and teach how to become confident, becoming the person each would envision. Realizing there is One Source that supplies everything all creatures need and desire will help us to change unhelpful perceptions, attitudes and beliefs that imprison and abandon us to fear, discouragement and despair. This class, facilitated by Vaughn Wolff, will explore how to live in harmony without worry for lack of anything and manifest peace, love and joy by applying Practical Principles of Christianity. Thursday evenings in the Bookshop.

DID YOU BRING YOUR COFFEE MUG?

We are making progress reducing our environmental footprint with many of you bringing your mugs with lids. Still need one? TREE now has them for sale!! Stop by the TREE table to buy one then add your name to the raffle jar.

Cathedral Flower Donation

A nice way to give thanks or to remember loved ones.

Sign up on the Cathedral Flowers Calendar, then submit this form and contribution (make check payable to "Trinity Cathedral" with 'Flowers' on the memo line) to:

**Trinity Cathedral Flowers, 2620 Capitol Ave,
Sacramento, 95816**

Note: The adornment during Advent and Lent do not include flowers.

Date requested _____ (allow 3 weeks for processing).

In Thanksgiving for: _____

In Memory of: _____

From: _____ Phone# _____